



50 WAYS TO SPEND YOUR TIME WHILE SOCIAL DISTANCING

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SELF-CARE

Practice yoga
Go for a walk
Dance party
Jump on a trampoline
Explore nature/backyard
BREATHE
Rest
Consume nutritious foods
Read
Sit, be still & listen for God

PRAY
Write/Journal
Take a bath
Do your nails
Give yourself a facial
Learn something new
Watch the sunrise
Watch the sunset
Catch up on some podcasts
Listen to music

AROUND THE HOUSE

Finish household projects
Create your kids' photo books
Do your Spring cleaning
Declutter
Clean out your inbox(es)
Clean out your closet
Detail your car
Clean out or behind your fridge
Do your mending

SOCIAL CONNECTIONS

Practice yoga in our virtual GSP
Skype/Zoom with friends & family
Teach your children
Read to a child of any age
Look at old photo books/scrapbooks
Teach your kids to cook/bake
Play with your kids
Call a friend from college

FOR FUN

Do crafts
Watch a movie
Color. Draw. Paint. Knit.
Make a tent with blankets
Play games
Have a paper airplane contest
Do a puzzle

Have a balloon contest
Blow bubbles
Put on a play with your kids
Play dress-up
Practice new hairstyles
Have a tea party
Play with sidewalk chalk